



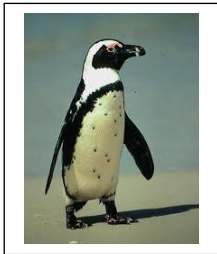
Winter Walking Tips

An ounce of prevention is worth a pound of cure

Voice of Experience:

A gentleman from Madison reminds us: “when it is cold outside, wear gloves. I should thought about this, but I was walking with my hands in my pockets. When I hit a patch of ice I couldn’t get my hands out fast enough to break the fall and protect my head. As you can imagine, I really got hurt”.

- Ask yourself: “do I *really* need to go out in this weather?”
- Make sure you can clearly see your way. Never walk inside or outdoors wearing reading glasses. Multifocal lens can also be hazardous if you need to look straight down to see what you are walking on. Ask your eye doctor for help.
- Assume that all wet, dark areas on pavement are slippery.
- Avoid boots or shoes with smooth (slippery) soles and heels anytime, but especially outdoor in winter. Wear shoes or boots that completely surround the foot and provide traction on snow.
- Use special care when entering and exiting vehicles.
- Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas is hazardous.



- Take a lesson from penguins. To improve stability point the feet a bit outward with a slightly wider stance. The trunk is centered directly over the feet and arms extended. Notice she isn’t carrying bags or purses that pull one off-center, obstruct the view of the walking surface or are otherwise distracting. Defying gravity requires our full attention. GO S-L-O-W-L-Y.
- When walking on steps focus. Use the hand rail and plant each foot firmly on each step. Falling up or down stairs is very likely to result in injury-any time of the year.

With wishes for a healthy and safe year!